



North Port Meals on Wheels Menu - October 2024

For questions, service updates, or if your meal doesn't arrive by 12
call 941-876-9191



United Way
of South Sarasota County

Call before noon the prior business day to cancel your meal or you will be charged. No substitutions

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sept 30 Country Fried Chicken Carrots, Peaches Peas Salad	October 1 Smoked Sausage Roll, Peppers/Onions Baked Beans Applesauce	2 Turkey w/Stuffing & Gravy Sweet Potatoes Green Beans Pears	3 Salisbury Steak Mashed Potatoes Mixed Vegetables Mixed Fruit	4 Chicken Fajita Casserole Mexicorn Corn Muffin Dessert	5 Burger on Bun Hash Browns Tomato & Pickle Banana, Salad
6	7 Sloppy Joes Corn Peas, Pears Salad	8 Chicken Salad Tomato Wedges 3 Bean Salad Mandarin Oranges	9 Ham w/ Raisin Gravy Sweet Potatoes Green Beans Applesauce, Salad	10 Meatballs w/ Sauce Pasta Mixed Vegetables Mixed Fruit	11 Chicken Piccata w/Mushrooms Rice, Corn Dessert	12 Chicken Sandwich Sweet Potato Fries Tomato/Pickle Banana, Salad
13	14 Swedish Meatballs (Beef) w/Noodles Peas Carrots, Pears, Salad	15 Meatloaf Mashed Potatoes Lima Beans & Corn Applesauce	16 BBQ Chicken Breast Roasted Potatoes Green Beans Peaches Salad	17 Lasagna Broc/Cauli Mix Garlic Bread Mixed Fruit	18 Ham & Scalloped Potatoes Carrots, Corn Dessert	19 Pork Fritter w/Gravy Mashed Potatoes Mixed Veg, Salad Banana
20	21 Macaroni Beef Bake Dinner Roll Peas, Mand Oranges Salad	22 Chicken Pot Pie Hot Apples Buttered Beets Peaches	23 Roasted Pork Loin Sweet Potatoes Carrots Applesauce, Salad	24 Manicotti w/Meat Sauce Green Beans Garlic Bread Mixed Fruit	25 Teriyaki Chicken w/Pineapple White Rice Broccoli, Dessert	26 Chicken Tenders Roasted Potatoes Mixed Vegetables Banana, Salad
27	28 Chicken Parmesan Green Beans Dinner Roll Applesauce, Salad	29 Ham & Egg Brkfst Bake Biscuit Hot Apples Yogurt	30 Chicken Alfredo w/Pasta Broccoli Cauliflower, Pears	31 Stuffed Chicken Breast Mashed Potatoes Carrots Mixed Fruit	Nov 1 Beef Stroganoff w/Mushroom Gravy Peas, Corn Dessert	Nov 2 Stuffed Peppers Rice Mixed Vegetables Banana, Salad

Menu may change without notice, Sugar-free desserts available Fridays - Breads and Pastries distributed based on a generous contribution from Publix as available
menu also available on our website: <http://npmow.org/menu>

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